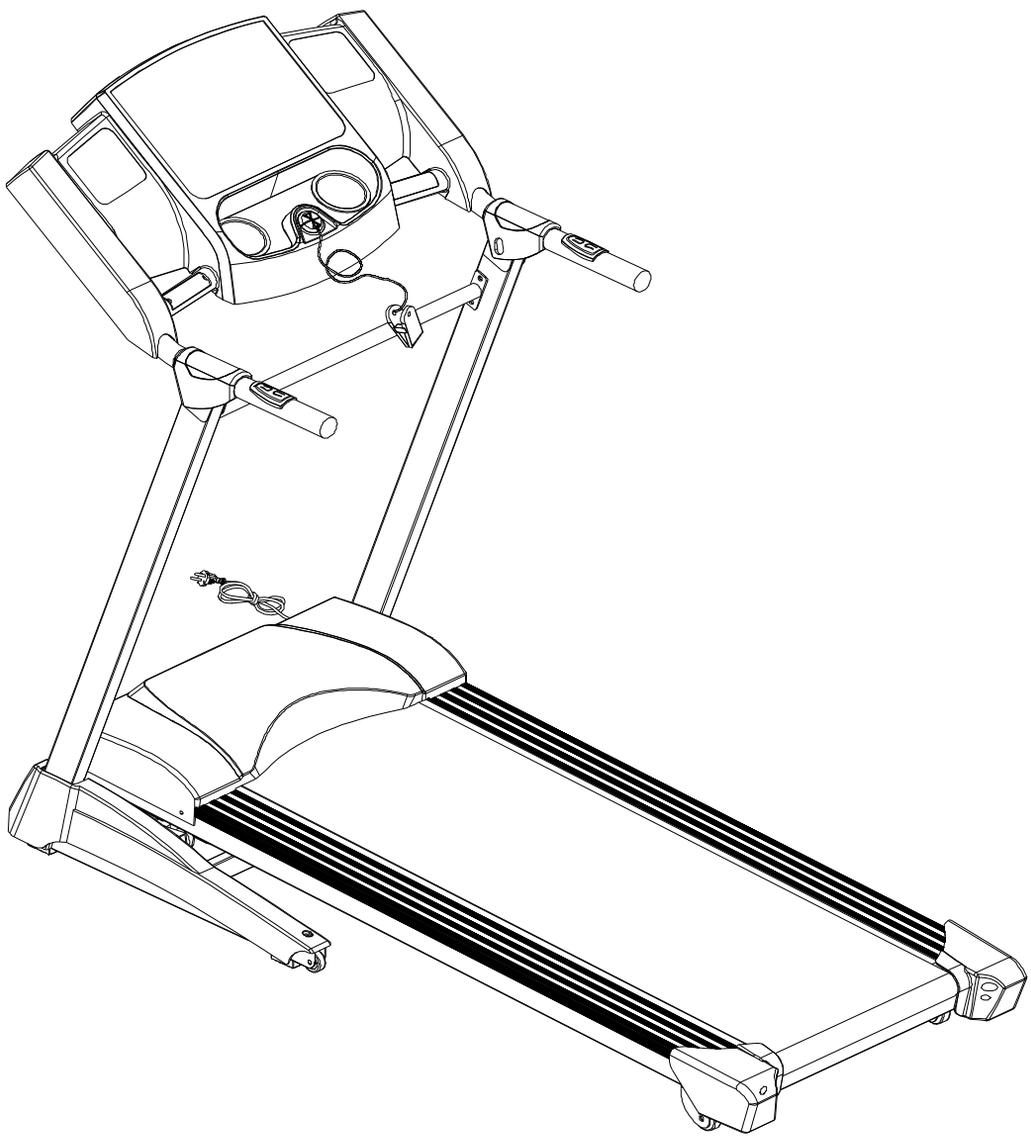
BODYWORX

Motorised Treadmill
Model No: JI1825



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

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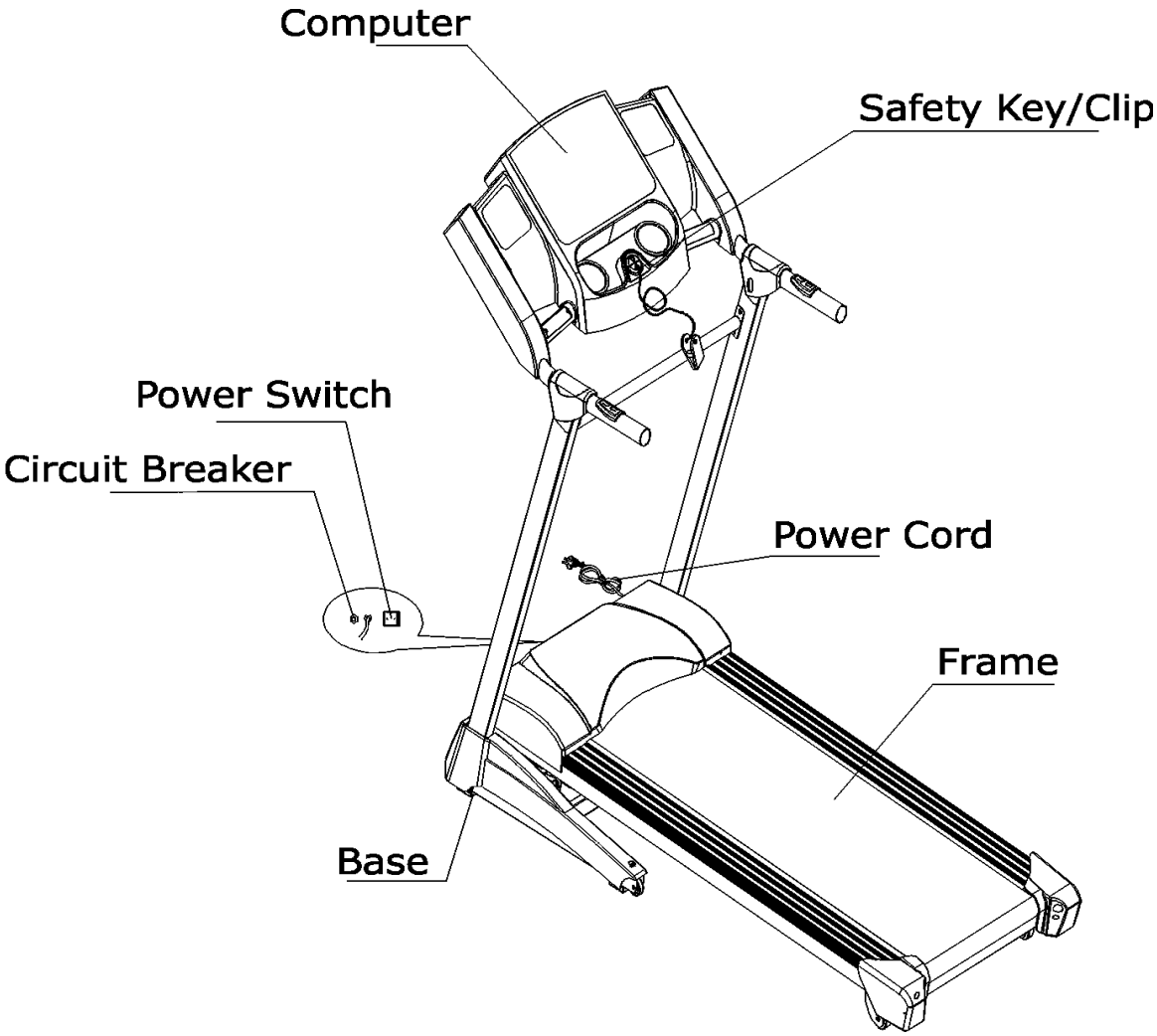
OVERVIEW DRAWING



IMPORTANT SAFETY INSTRUCTIONS

When using this product, basic precautions should always be followed, including the following:
Please read the instructions carefully before starting to use this product.

DANGER – To reduce the risk of electric shock:

1. Always unplug this product from the electrical outlet immediately after using and before cleaning the treadmill.

WARNING – To reduce the risk of burns, fire, electric shock, or physical injury:

1. This product should never be left unattended while plugged in. Unplug this product from the outlet when not in use or before putting on or taking clothing and other belongings.
2. To avoid any danger, close supervision is necessary when this product is used by children or disabled persons; especially when this machine is operating.
3. Be sure to use this product only for its intended use as described in this manual. Do not use any attachment no recommended by the manufacturer in order to avoid any danger or accidents.
4. Never operate this product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return this product to the service centre or seller for examination and repair.
5. Do not carry this product by the supply cord or use the cord as a handle.
6. Keep the cord away from hot surfaces or ground.
7. Never operate this product with the air vents blocked. Keep the air vents free of any obstructions to avoid hazards.
8. Never drop or insert any objects into any vent of the treadmill.
9. Do not use or operate outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is thin.
11. Before turning this product power off, turn all controls to the off position then remove the plug from the outlet.
12. Connect this product to a properly grounded outlet only.
13. If the power cord is damaged, be sure to ask the manufacturer or seller for replacement to avoid accidents. The seller and correlative qualified professionals are as well as eligible.
14. If this machine has a folding mechanism, the user should descend the incline to its original position after their workout.
15. During workout, you can not use the folding mechanism function at the same time.
16. This treadmill is intended for household-use only.

GROUNDING INSTRUCTIONS

This product must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

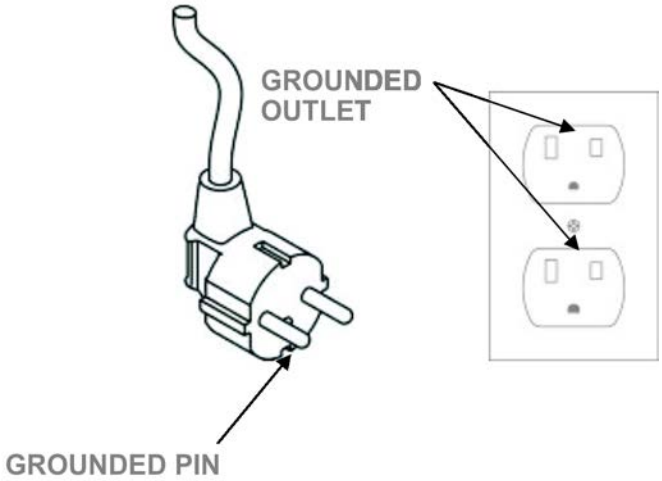
This product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether this product is properly grounded. Do not modify the plug provided with this product – if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a normal 220V – 240V and has a grounding plug that looks like the plug illustrated in the figure below. Make sure that this product is connected to an outlet having the same configuration as the plug. There is no need to use any adaptor for this product.

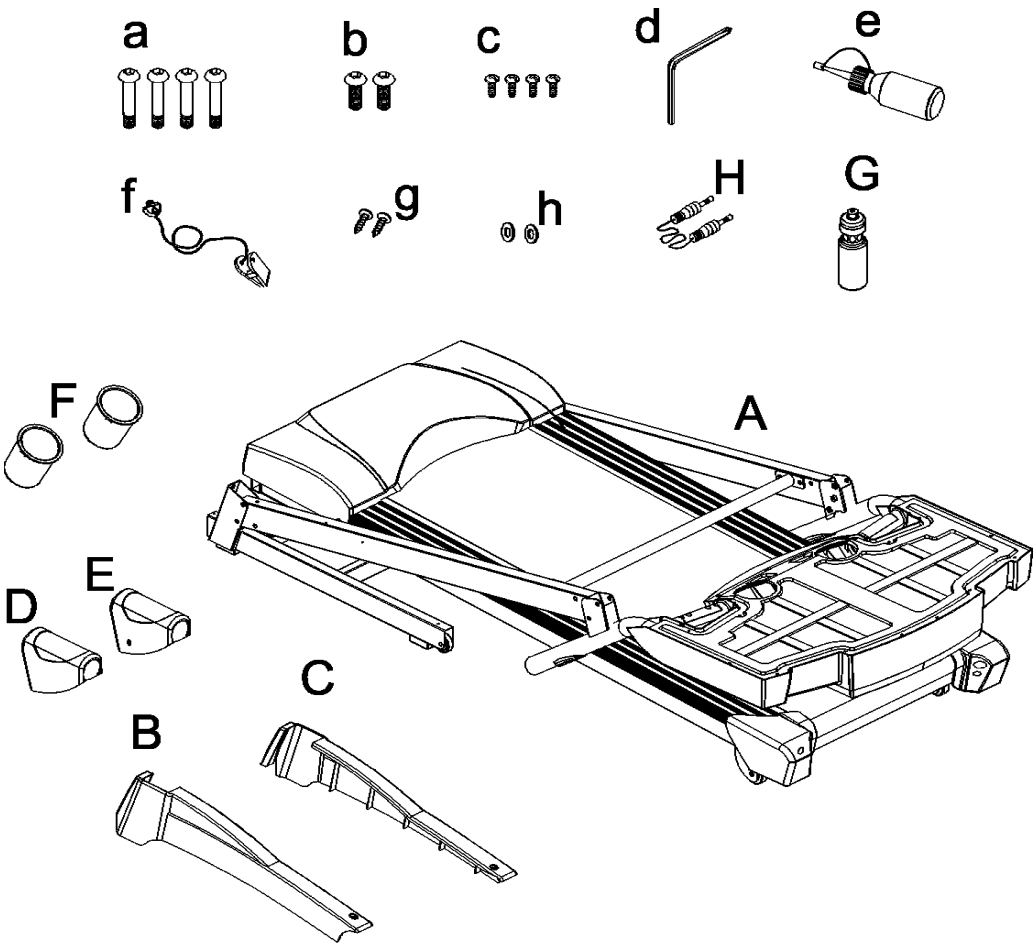
Figure
Grounding Methods



PRE-ASSEMBLY CHECK LIST

ITEM	Description	Qty
A	Frame	1
B	Decoration Cover - Left	1
C	Decoration Cover - Right	1
D	Handrail Cover - Left	1
E	Handrail Cover - Right	1
F	Cup Holder	2
G	Bottle	1
H	MP3 Sound Cable	1

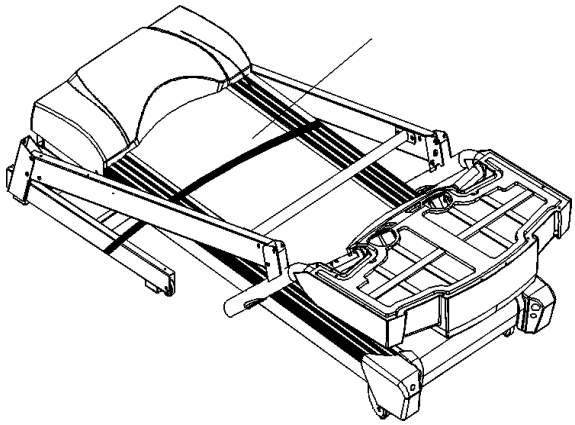
ITEM	Description	Qty
a	Truss Hex Screw: M8xP1.25x40	4
b	Truss Hex Screw: M8xP1.25x15	2
c	Round Head Philips Screw M5 x P0.8 x 15	4
d	Hex Wrench + Screwdriver: 5mm	1
e	SILICON	1
f	Safety Key / Clip	1
g	Truss Philips Screw	2
h	Washer	2



ASSEMBLY STEPS

WARNING: Don't untie the loincloth until assembly is finished.

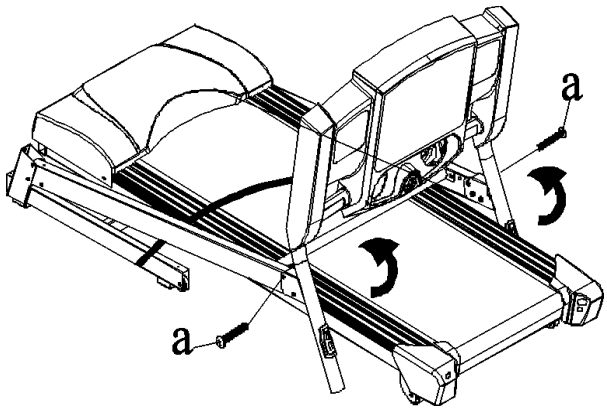
If you until the loincloth first, it may cause dangerous consequences.



Two persons are required to finish the assembly steps.
(**Caution!!** Please follow exactly the assembly steps below to avoid any injury.)

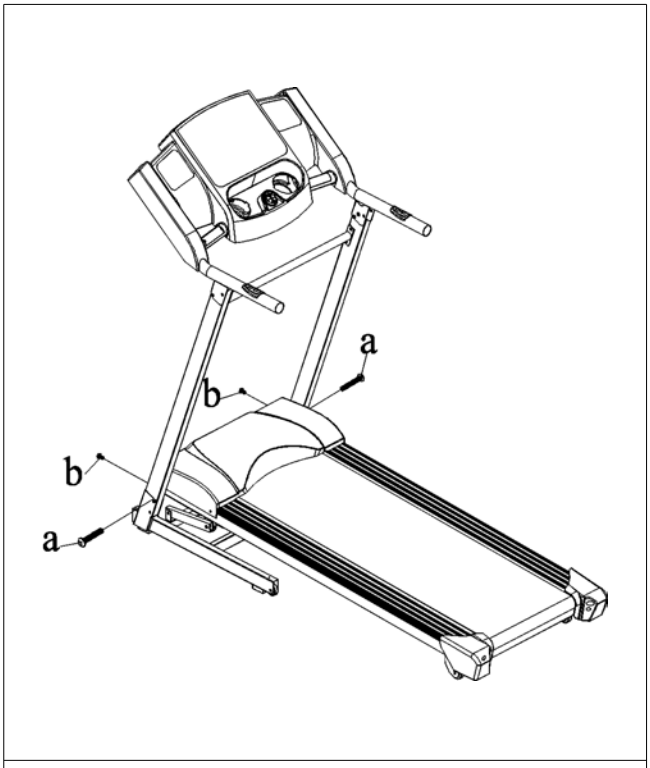
1. Then put up the handrail tubes of Frame (A) as the arrow shows in the right drawing and tighten with a Hex Screw (A).

   PS. To avoid unexpected issues or injuries, always assemble the treadmill with more than two workers, do not assemble by yourself.

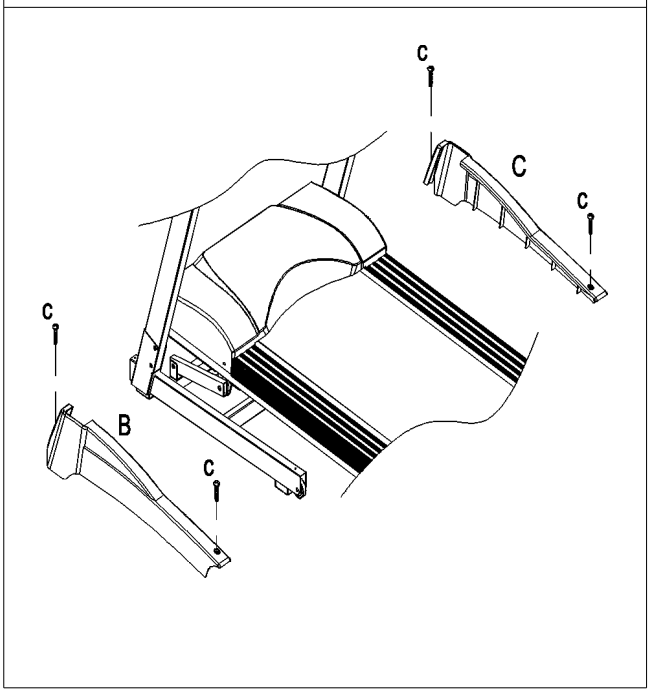


2. Put up Upright (L & R) as shown in the right drawing and tighten with Hex Screws (a & b).

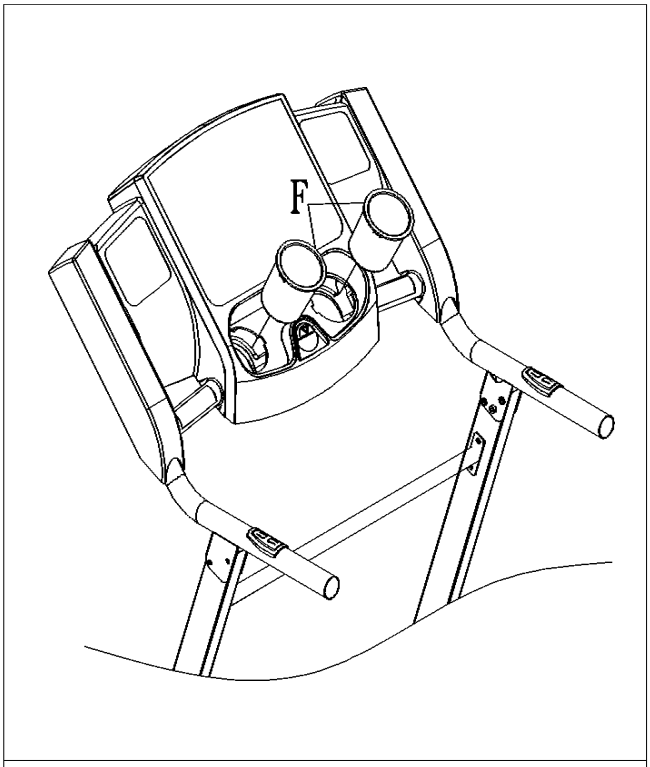
   P.S. To avoid unexpected accidents or injuries, always assemble the treadmill with more than two workers, do not assemble by yourself.



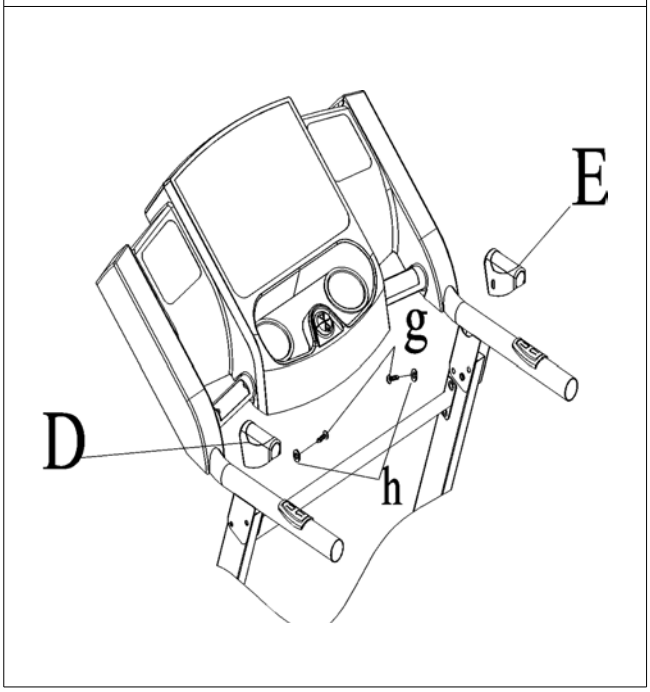
3. After tightening the left and right uprights, insert the left and right decoration covers (B & C) onto the frame and tighten with a Philips Screw (c).



4. Wedge cup holder (F) onto the corresponding positions as shown in the right drawing.

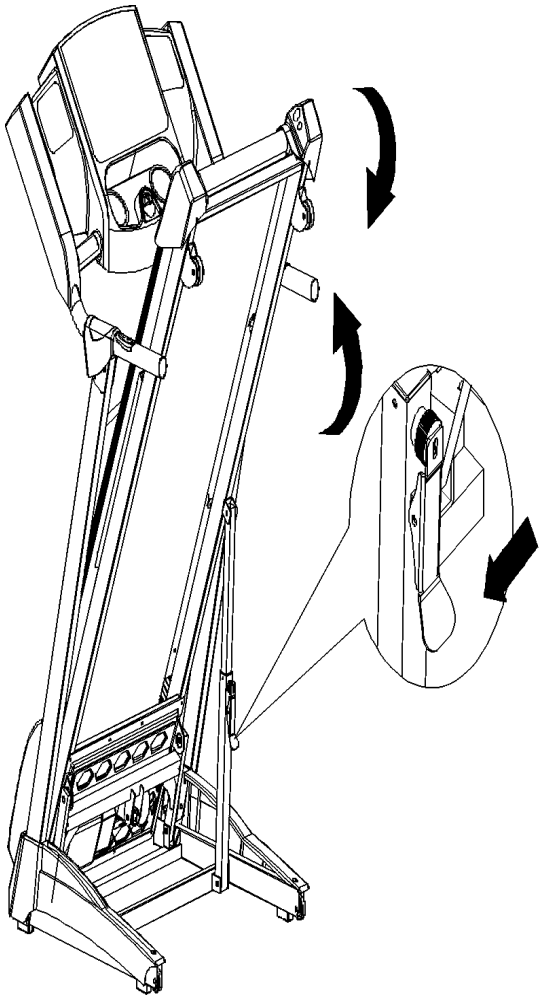


5. Wedge the left and right handrail covers (D & E) onto the corresponding positions as shown in the right drawing and tighten with Truss Philips Screw (g) and washer (h).



CAUTION

This treadmill has a foldable mechanism for storage. Stop all the movements (including stopping the running belt and remove the power cord) before storage; then fold the main frame as the direction shown in the right picture. Be sure you hear a “click” sound.



On the other hand, if you want to use the treadmill, step on the fixing plate as the direction shown in the right drawing (you must hold the frame to avoid falling). When it disjoins from the tube of the base frame, pull down the main frame as shown on the drawing.

Please stand beside the treadmill and the main frame will slowly lower to the ground automatically.

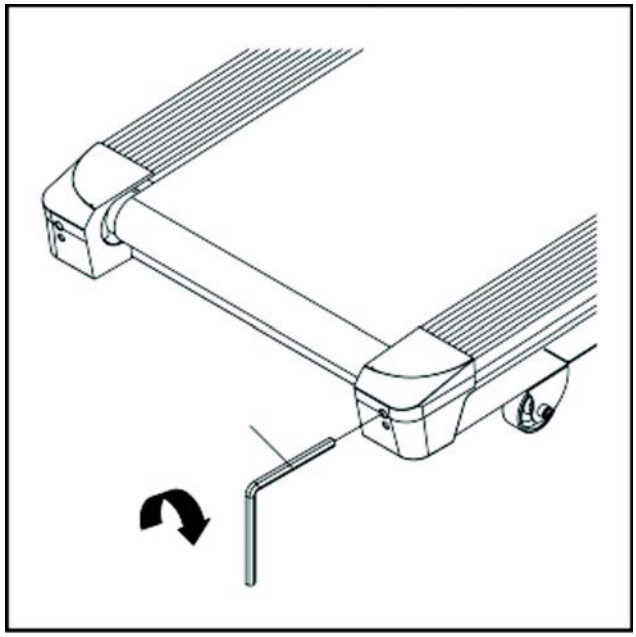
(**P.S. 1.** To prevent from danger, be careful if there are kids around. If you want to move the treadmill, fold the treadmill first, then hold the rear to adjust the cap with your hands; then lean against the treadmill and do not move the treadmill until the roller can be moved smoothly.)

(**P.S. 2.** Do not move the treadmill on uneven surfaces.)

(**P.S. 3.** To avoid injury, do not stand underneath the frame when the frame is descending.)

MAINTENANCE

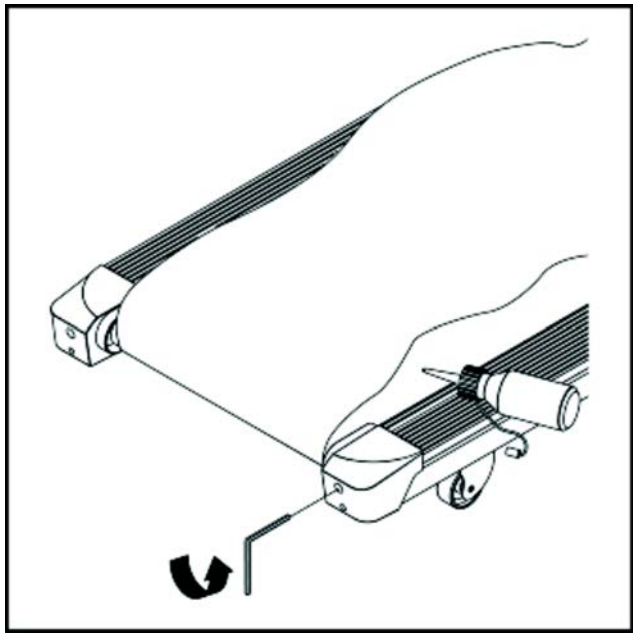
1. If the belt tends to move off the centre, stop the treadmill. Take the L-shaped Wrench and adjust the Hex Screw in the Rear End Cap. For example, if the running belt is moving towards the left side, tighten the left Hex Screw about 1/4 turn (clockwise); if the running belt is moving towards the right side, tighten the right Hex Screw about 1/4 turn (clockwise). Turn on the treadmill after it has been adjusted. If you find that the belt has not moved to the proper position, please repeat the steps above. Don't use the treadmill until the running belts returns to the centre position.



(**P.S.1.** This procedure is very important, if the belt is not in the centre, be sure to follow the above steps.)

(**P.S.2.** The position of the running belt might not stay precisely in the centre with slightly towards the left and right sides, and the situation varies with how end-users use this product. There is no need to adjust the belt if it does not rub against the parts aside.)

2. Depending on the usage of the product please apply **SILICON** on the board according to the chart located on the next page. Use the L-shaped Wrench to unscrew the bolt inside the Rear Roller. Then pull the belt up and daub some **SILICON** to the centre of the board. After that, adjust the belt to the centre of the deck followed by tightening the screw to the original set.



(P.S. When the belt is sliding, please follow the above method to lubricate the running belt.)

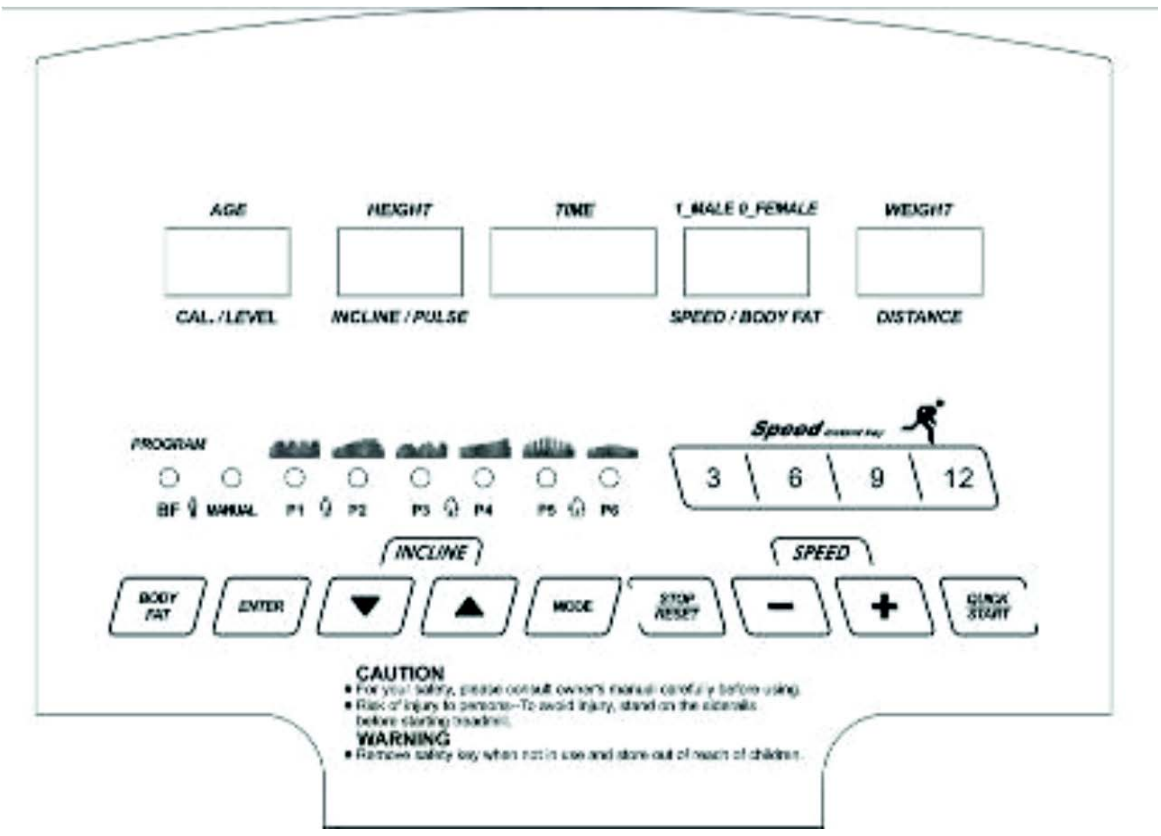
SILICON SERVICING CHART

KM / MILE	SPEED	SERVICE INTERVAL
KM	6 KM / HR Below	1 Year
	6 ~ 12 KM / HR	6 Months
	12 KM / HR Above	3 Months
MILE	4 Mile / HR Below	1 Year
	4 ~ 8 Mile / HR	6 Months
	8 Mile / HR Above	3 Months

Note:
This maintenance is intended for household use.

If used for business, it is suggested to examine this product every other month.

COMPUTER OPERATION INSTRUCTION

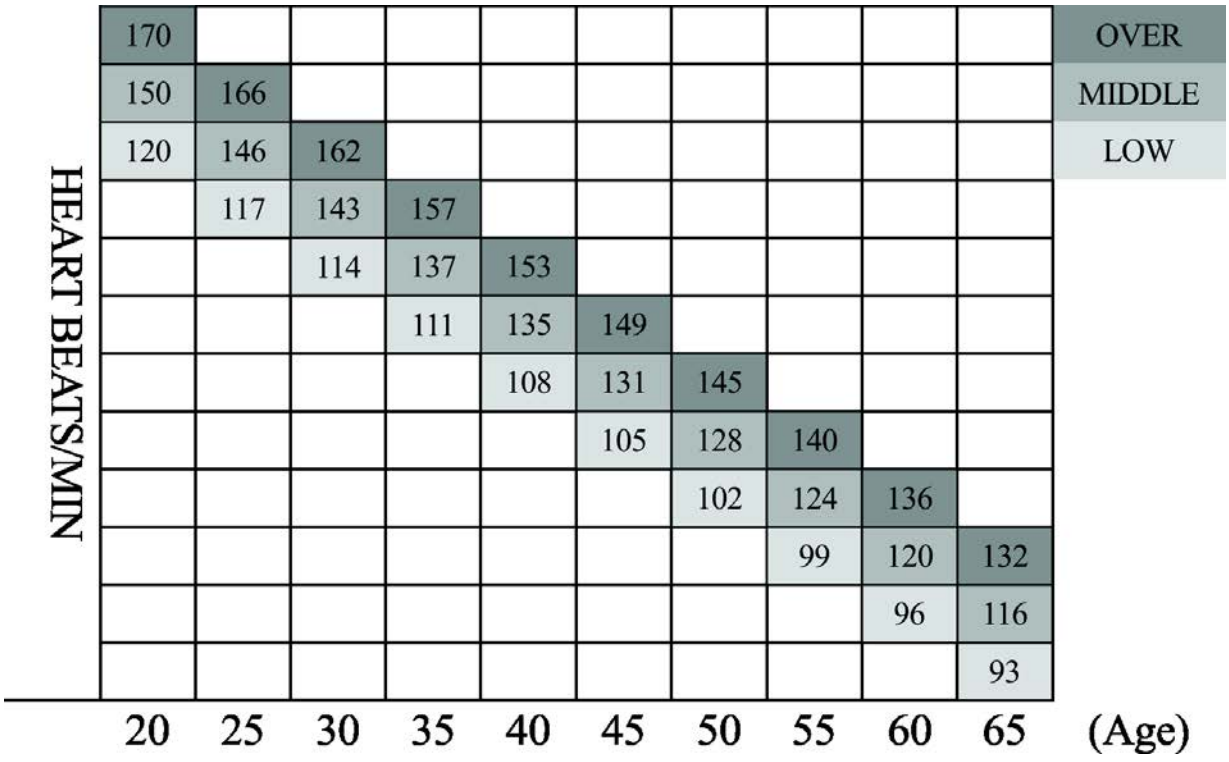


1) General Operation:

- Turn on the treadmill.
- Put the safety key in the recess of the console.

  The beeper will sound. At this time, all windows will display the values. The preset values are 0, not blinking which means the treadmill has entered start / ready status. Under this status, the user can hold the grip pulse sensor to detect heart rate values directly.

  - If the safety key / clip is not placed in the recess of the console, the TIME window will display "----", which means the treadmill can not work normally.
  - During exercise, if the safety key / clip is off, then the beeper will sound for warning, then the treadmill will stop operation. At this moment, put the safety key back to the recess of the console, then all the values will reset to its initial values.
  - Under the START / READY state, if you do not hold the grip pulse sensor, the PULSE window will display HP, especially when you hold both sides of the grip pulse sensor; you will subsequently see the PULSE window display the heart rate values.
  - It will show the relationship whether the amount of running is adequate under the different age and heart rate groups:



➢ Press START to start treadmill, the treadmill will start with a speed of 1.0 km / hr, at this time press + or − keys to increase / decrease speed (also can press fast speed buttons 3 6 9 12 to instantly choose the speed you need), press STOP RESET once to stop your workout (press STOP RESET one time, all values stop changing. Then press the same button the second time and hold it for 3 seconds, the treadmill will automatically return to the START / READY position.)

➢ The treadmill has the function of no-segment Incline adjustment. Press ▲ , ▼ key to control the incline angles of the treadmill, press and hold the ▲ , ▼ buttons, treadmill will change angles accordingly, when it reaches the desired angles, just release the buttons then the treadmill elevation will stop changing.

- When the SAFETY KEY is taken off and then replaced, the treadmill will not reposit from any position it is. You need to press the start key to perform the reposition.
- When the power is on, the treadmill will not reposit from any position it is in. You need to press the start key to perform the reposition.
- Under start / ready status, press stop key for 5 seconds, the treadmill will reposit from any position it is in.
- During performing any program, by pressing the stop key, the program will stop. If users want to resume to the program, pressing the start key or pressing the stop key again to leave the program will return to the start / ready status.

2) MODE Operation Instruction (This mode includes MANUAL and 6 pre-set PROGRAMS)

- MANUAL : At this mode, you can set the time and distance freely, the operation method is shown below:

  1.1 Press MODE , and you will see the MANUAL LED light blinking, press ENTER to enter the MANUAL mode.

  1.2 At this time, you can press + or − to set the time. After finishing, press QUICK START to start running, or press ENTER to set the distance.
  Pre-set value : 20 minutes
  Range of time : 5 ~ 99 minutes, Step is 1 minute.

1.3 At this time, you can press or to set the distance. After finishing, press to start running, or press to go back to the options in the Mode pattern.

Pre-set value : 5 km

Range of distance : 1 ~ 9.9 km, Step is 0.1 km.

■ PROGRAM : This mode includes 6 patterns, P1 ~ P6, user can choose the pattern you like freely. The operation is shown below:

2.1 Press , when the MANUAL LED light is blinking, press or to choose any pattern from P1 to P6. After it has finished, press to enter the pattern you have chosen.

2.2 You will see the LEVEL window twinkling after you enter the pattern. Every pattern from P1 to P6 has 3 LEVELS under the PROGRAM, so choose one accordingly to user demand.

2.3 At this time you can press or to choose LEVEL. After finishing, press and the treadmill will start, or press to enter the time setting of the PROGRAM.

2.4 After entering the time setting, press or to set it. When finished, press to start running, or press to enter the MODE and choose the pattern again.

Pre-set value : 32 minutes

Range of time : 5 ~ 99 minutes, Step is 1 minute.

2.5 Refer from Table 1 to Table 6 below the instruction for the Pre-set programs of P1 ~ P6.

3) Body Fat Mode

■ Under START / READY position, press , the Body Fat LED light is blinking, which shows that the Body Fat Function is on duty. When choosing this function, the program will require the user to enter the following values.

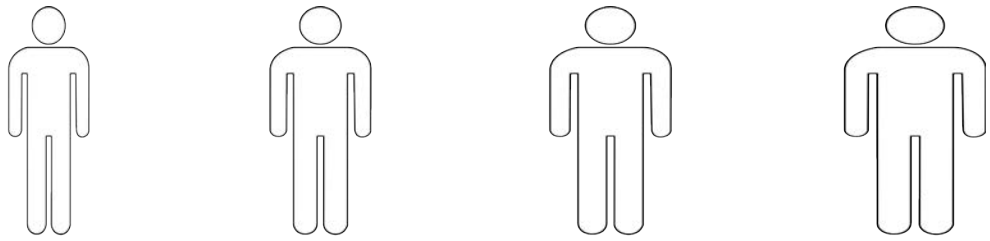
- Age : Pre-set value is 30, range : 13 ~ 30. Step is 1, choose the correct value by , keys, after choose the correct value then press into the next value setting.

- Height : Pre-set is 170 cm, range : 130 ~ 200 cm, Step is 1 cm, press ⊕ , ⊖ to adjust, after choosing the correct value then press ENTER , into the next value setting.

- Sex : Pre-set value is 1 (Male), press ⊕ , ⊖ to switch 1 (Male), 0 (Female), to select the correct option, press ENTER to enter the next value setting.

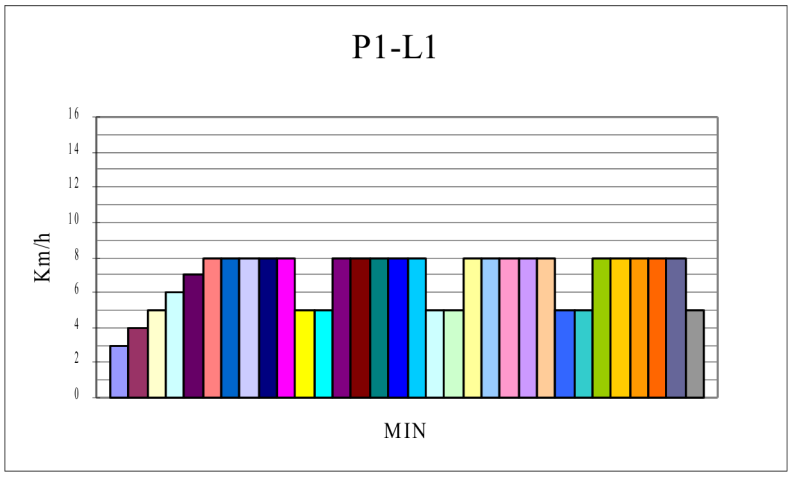
- Weight : Pre-set value is 70 kg, range : 30 ~ 130 kg, Step is 1 kg, press ⊕ , ⊖ to adjust and choose the correct value, press ENTER , and straighten both hands and hold the grip pulse sensor about 15 seconds, after that, the Body Fat window will display your Body Fat value, at the same time, the LED light on the left side of the computer will display figure evaluation.

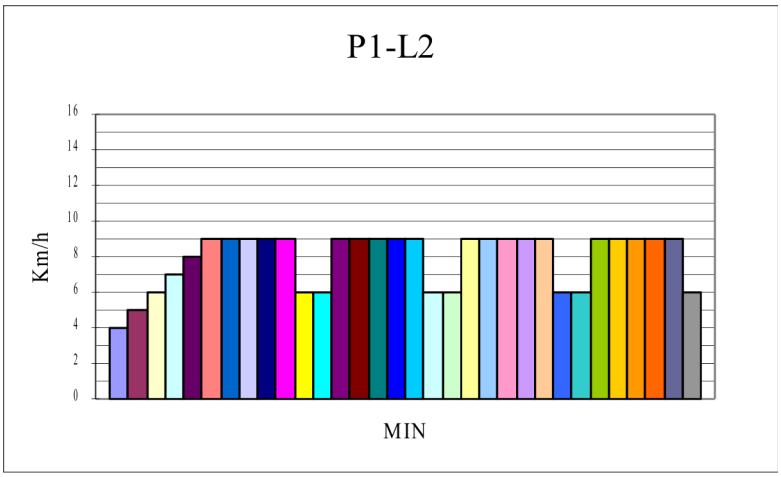
■ The display of the figure evaluation lights is based upon the difference of fat standards between males and females; the table below provides a list for reference:

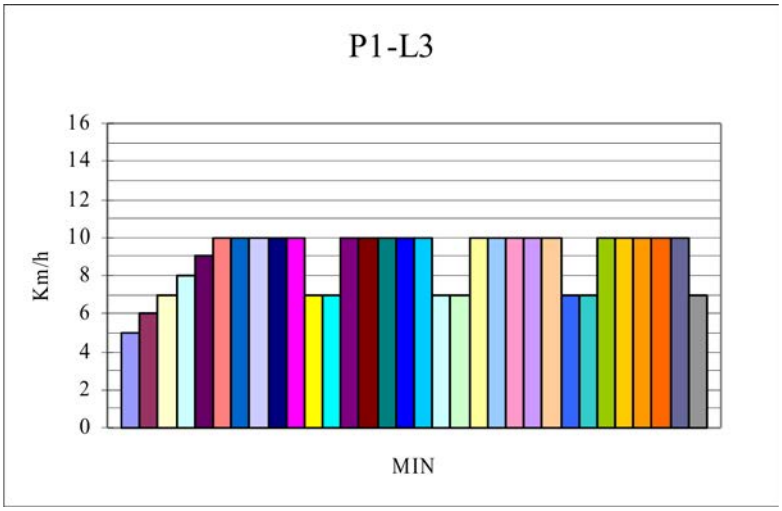


	Under Weight		Normal Weight		Over Weight		Obesity	
Light	●	●	●	●	●	●	●	●
SEX								
1. (Male)	0.0 ~ 4.9	5.0 ~ 9.9	10.0 ~ 14.9	15.0 ~ 19.9	20.0 ~ 24.9	25.0 ~ 29.9	30.0 ~ 34.9	35.0 above
0. (Female)	0.0 ~ 14.9	15.0 ~ 19.9	20.0 ~ 24.9	25.0 ~ 29.9	30.0 ~ 34.9	35.0 ~ 39.9	40.0 ~ 44.9	45.0 above

Annex 1


P1-L1
Km/h
0
2
4
6
8
10
12
14
16
MIN


P1-L2
Km/h
0
2
4
6
8
10
12
14
16
MIN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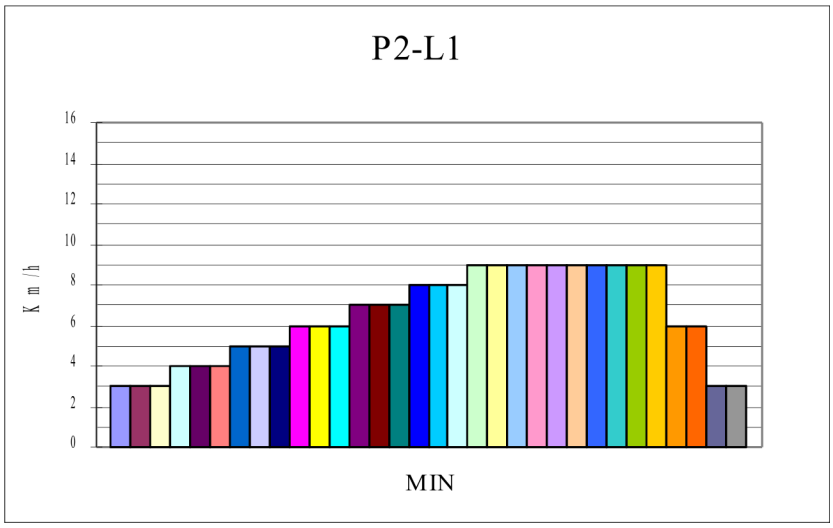
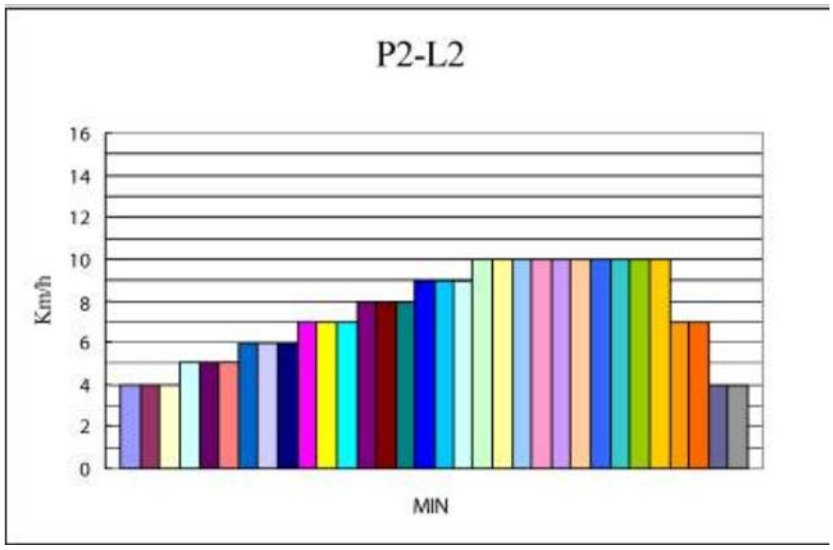
Km/h
0
2
4
6
8
10
12
14
16
MIN

Annex 2


P2-L1
16
14
12
10
8
6
4
2
0
K m / h
MIN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Km/h
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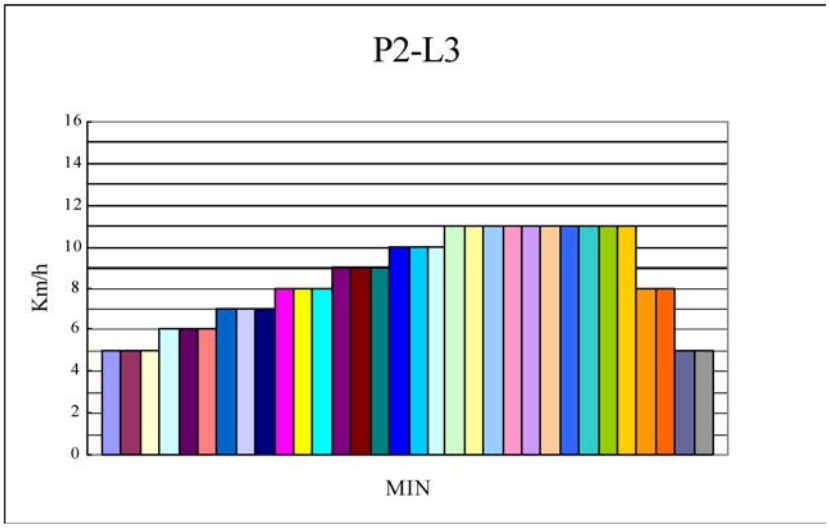
P2-L3
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Km/h
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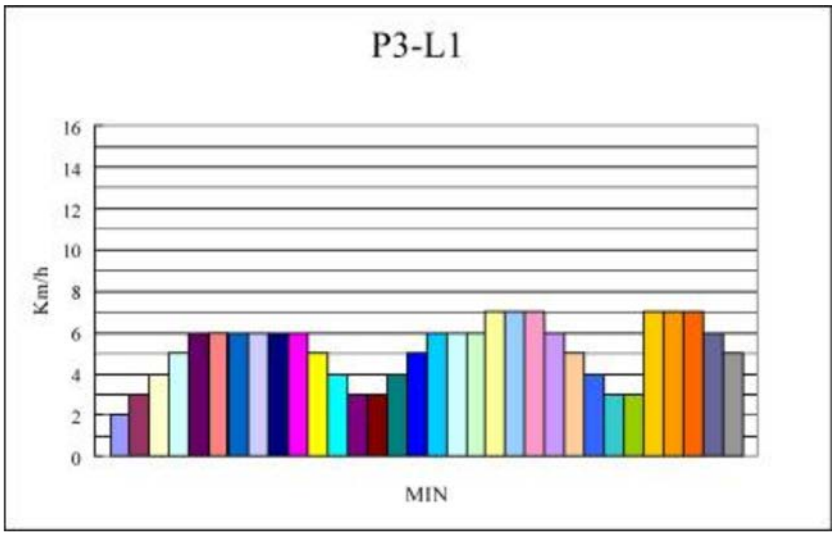
Annex 3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Km/h
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4
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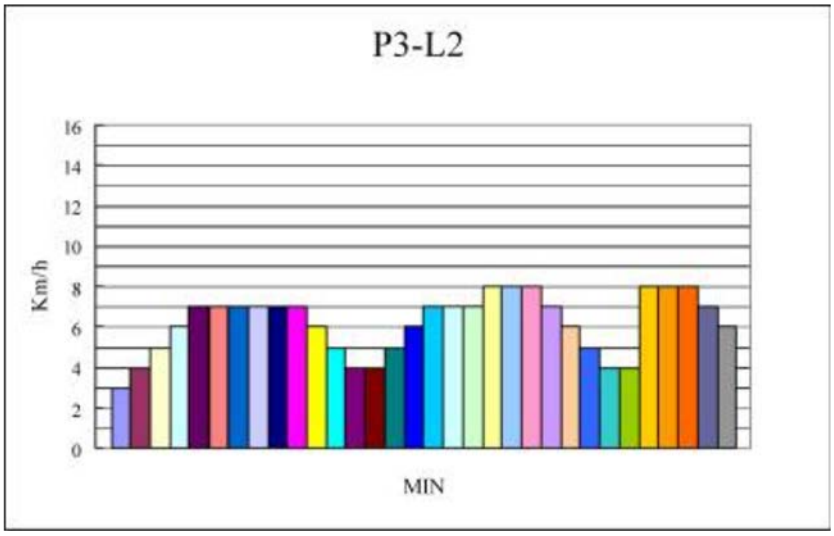
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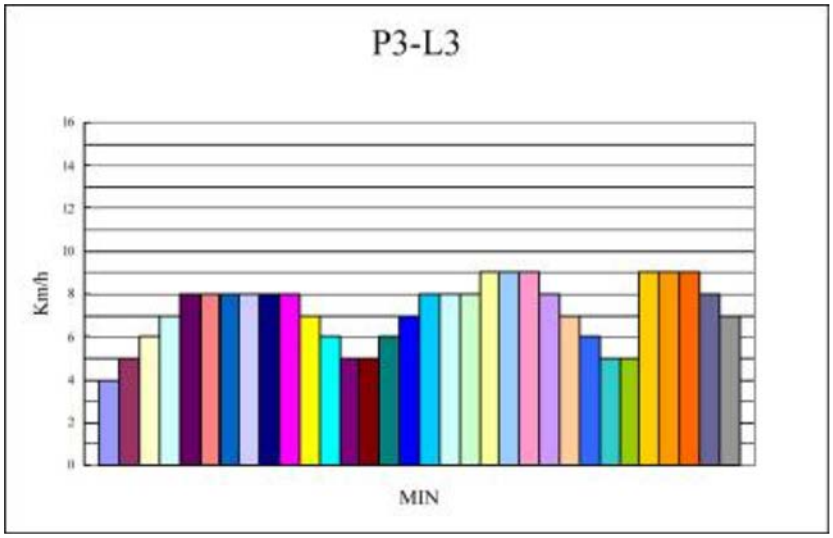
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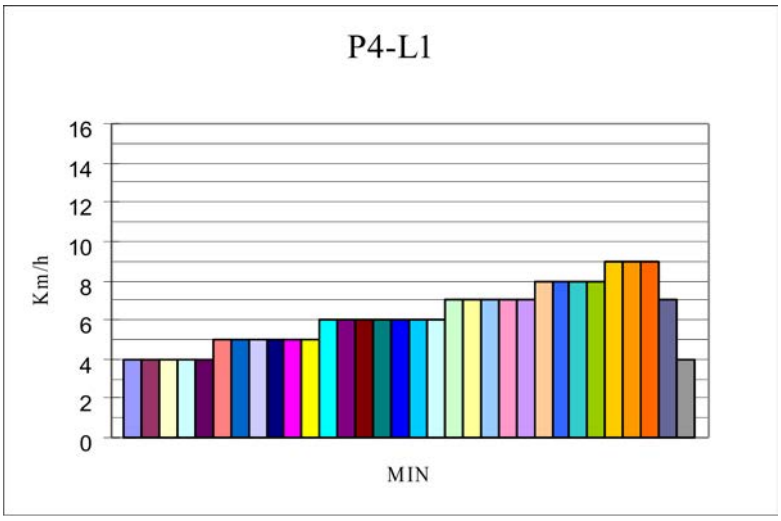
Km/h
MIN

Annex 4


P4-L1
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14
12
10
8
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2
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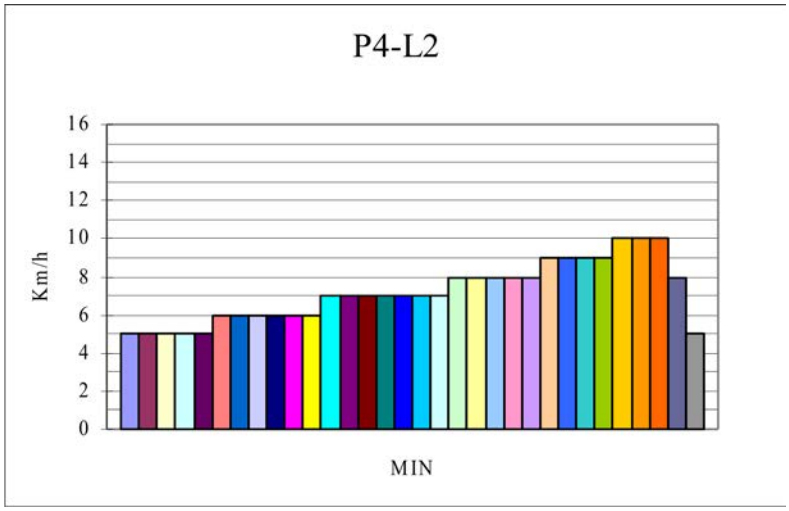
Km/h
MIN


P4-L2
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14
12
10
8
6
4
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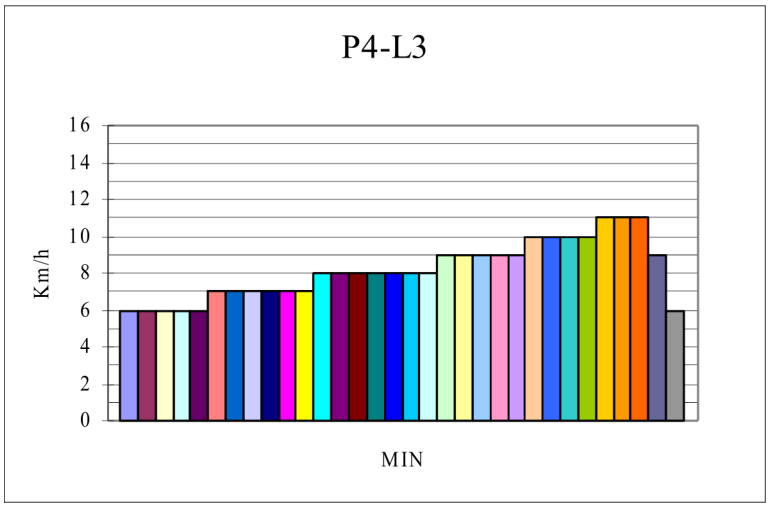
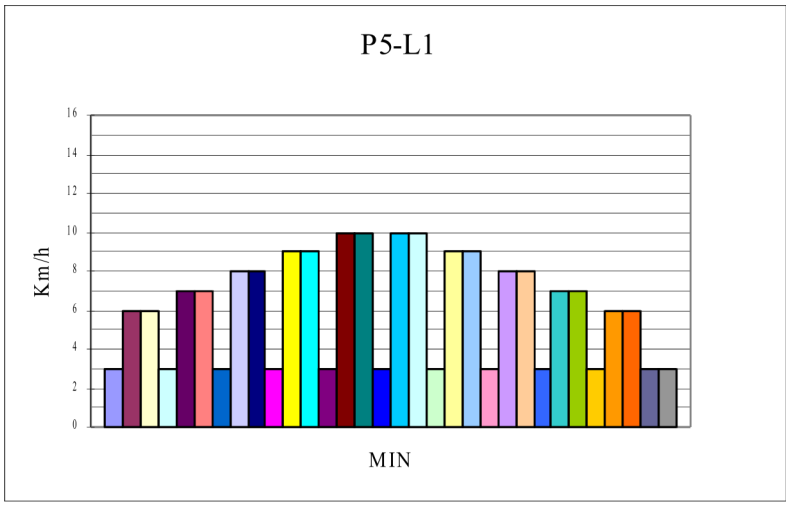
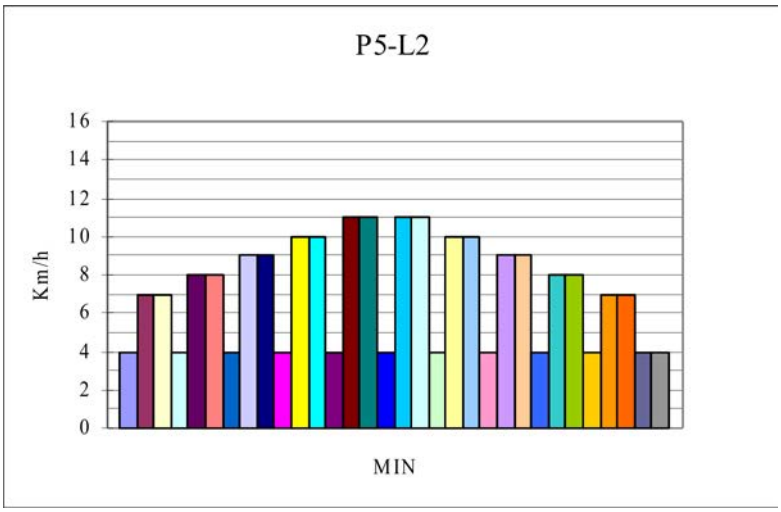
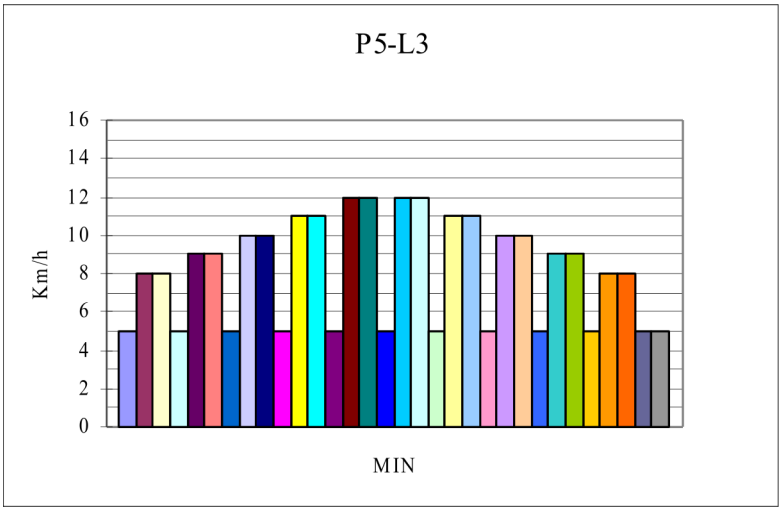
0
Km/h
MIN


P4-L3
16
14
12
10
8
6
4
2
0
Km/h
MIN

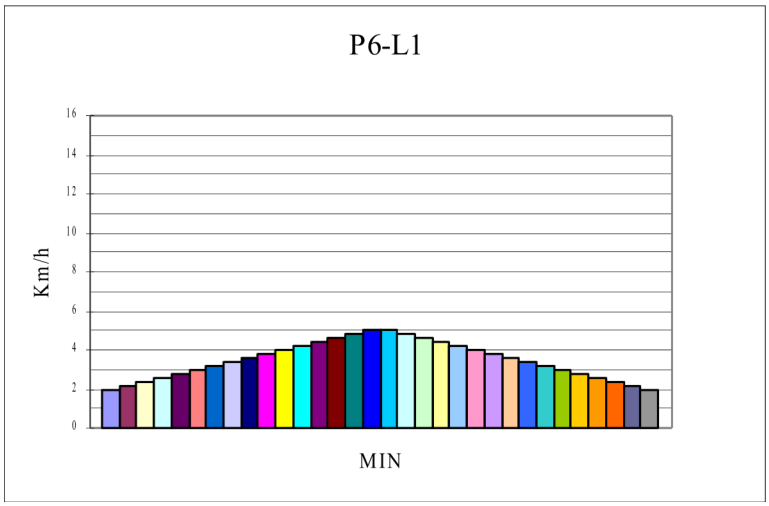
Annex 5

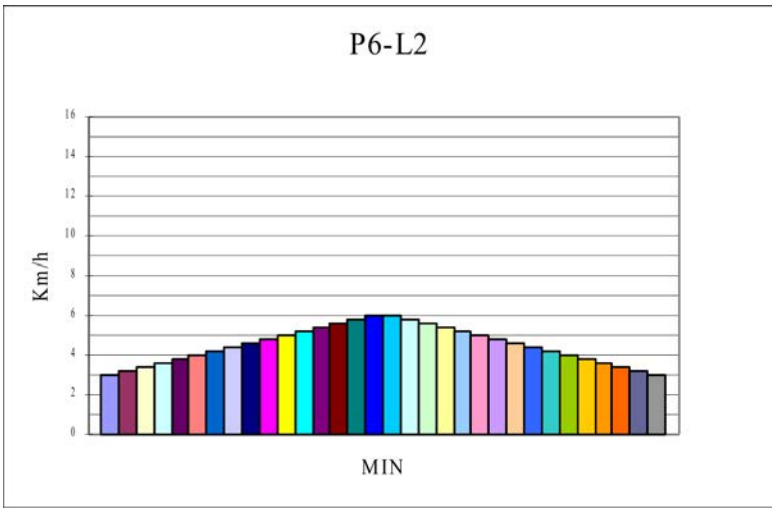


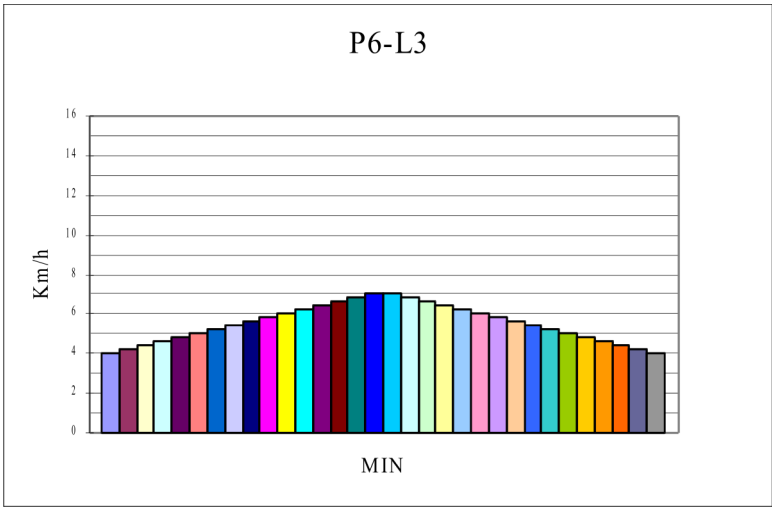




Annex 6


P6-L1
Km/h
16
14
12
10
8
6
4
2
0
MIN


P6-L2
Km/h
16
14
12
10
8
6
4
2
0
MIN


P6-L3
Km/h
16
14
12
10
8
6
4
2
0
MIN

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